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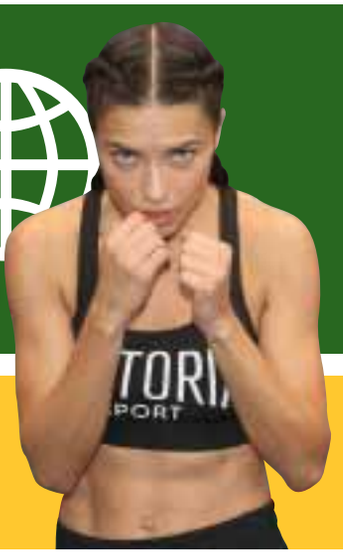

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The Victoria's Secret model packs a punch. 30

Bruno Mars spreads his '24K Magic.' 23

Rangers hot, Isles not. 31

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# AVOIDING KINDERGARTEN CHAOS

The application process begins Wednesday. 2

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1. What is the state hoping to reduce by allocating $2.5 million to CUNY and SUNY schools?
2. What Best Picture Oscar winner did "Allied" filmmaker Robert Zemeckis direct?
3. How many saves did Henrik Lundqvist make against the Flyers last week?

## 3 things you need to know

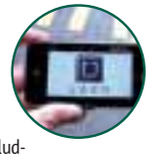
### ACCUSED SC CHURCH GUNMAN TO REPRESENT HIMSELF AT TRIAL

Dylann Roof, an avowed white supremacist accused of killing nine black parishioners at a historic Charleston, South Carolina, church last year, will be allowed to represent himself at his federal death penalty trial, a judge ruled on Monday. U.S. District Judge Richard Gergel said in court he believed Roof's decision to serve as his own lawyer was unwise but granted his request after finding the defendant had the right and capacity to do so. Roof faces 33 counts of hate crimes, obstruction of religion and firearms charges stemming from the shooting, which occurred during a Bible study session at Emanuel African Methodist Episcopal Church in June 2015. REUTERS

### UN SECURITY COUNCIL TO VOTE WEDNESDAY ON NORTH KOREA SANCTIONS

2 The United Nations Security Council is set to vote on Wednesday morning on a U.S.-drafted resolution to impose new sanctions on North Korea over its fifth and largest nuclear test conducted in September, diplomats said on Monday. Diplomats said the council's five veto-wielding powers — the United States, China, Britain, Russia and France — had agreed to new measures, seen by Reuters on Friday, that target Pyongyang's export earnings. North Korea has been under U.N. sanctions since 2006. It conducted its latest nuclear test on Sept. 9, and the United States and China, a North Korean ally, then spent more than two months negotiating new sanctions. The draft resolution was given to the full 15-member council on Friday. It intends to close loopholes in sanctions imposed in March, following Pyongyang's fourth nuclear test in January. REUTERS

### UBER DRIVERS IN US CITIES TO JOIN PLANNED WORKER PROTESTS



3 Drivers for ride service company Uber will join planned nationwide protests on Tuesday, when activists and low-wage workers renew their call for better pay and the right to join a union in the wake of Donald Trump's U.S. presidential election win, organizers said. Hundreds of Uber drivers in two dozen cities, including San Francisco, Miami and Boston, for the first time will add their voices to the union-backed "Fight for $15" campaign that has helped convince several cities and states to raise starting pay significantly above the U.S. minimum wage of $7.25. The four-year-old "Fight for $15" movement includes fast-food workers, home care aides, airport baggage handlers and other low-wage employees. REUTERS

GETTY IMAGES

# Experts offer tips for NYC's kindergarten application season

New York City parents must not assume children will be automatically placed in their local schools.

AMANDA MIKELBERG
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Parents of 4-year-olds have more on their holiday-patterned plates than wrestling for the Hatchimals in the toy aisles: It is now kindergarten application season in New York City.

The Department of Education's online application system, Kindergarten Connect, is open from Wednesday through Jan. 13, with placements released in March. And while Requests for Testing (RFT) for the city's gifted and talented programs were due on Nov. 14, insiders say the window is still open for special requests for a test date in January.

"It's unspeakably important to know all of your options," Alina Adams, author of "Getting into NYC Kindergarten," and a private coach for families in the process, told Metro.

She stressed that the law does not at all guarantee placement in a local school.

Much like the daunting high school application process, rankings of 12 choices must be submitted for each of the 70,000 kindergarten-age kids. Ignoring this process is taking a major risk of convenience and quality.

Applicants must research the DOE's kindergarten directory. Public kindergartens are not created equal — there are small schools and big ones, gifted and talented schools, magnet schools with attractive features, dual-language programs, as well as traditional or progressive teaching approaches.

"Many parents don't know that they may not be able to get into their zoned school, or that they are welcome and have a right to apply to unzoned schools."

The first thing you should look at, said Adams, is what is the likelihood of getting into your local school zone, as each one has its own admissions priorities. "The closer you can be the better. A school you can tolerate two blocks is better than a school you can tolerate 40 blocks away."

If you don't get into your top choice(s), you're automatically put on that school's wait list, Adams said, adding that another thing parents often don't know is that they can then lobby throughout the summer to get in.

After placements are made for public schools, parents get another chance for superb options in charter schools, which take individual applications between January and April and accept entirely by lottery.

A great resource to know what your child might need is the preschool director. "Do you have a highly energetic boy? He might to better without recess."

Adams emphasized the importance of making time to tour the school. "Don't listen to your mother, your friends, other parents on the playground — you have to go see it yourself," Adams said. "Many times parents come out of a less regimented school and say, 'Oh, my God, it's like "Lord of the Flies" in there.'"

And when touring a school, believe what they say, Adams said. If they say they don't force them to learn how to read, don't be surprised if they don't know how to read. The school wants you to love what they're giving, so they're not going to mislead. The worst thing is to say, 'That won't apply to me.'"

Kadie Black started the Gantry Parent Association to help parents in Long Island City navigate their options in a community that was rapidly expanding, and advocate for schools to accommodate more students. She herself went through the kindergarten application process last year with her son Jacob who ended up at Queens' Growing Up Green charter school, "a very green-minded school open to parent involvement," Black said.

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# 60 percent of New Yorkers could be on the brink of homelessness

A survey of data from nonprofits shows many New Yorkers have inadequate savings.

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Pizza party at the Corona Family Residence homeless shelter in Queens CREATIVE COMMONS

New Yorkers may be thick-skinned, but the majority are extremely vulnerable — in the financial sense of becoming homeless if they even briefly lose their livelihood, a new report asserts.

Over 58 percent of New Yorkers do not have emergency savings to cover such basic expenses as rent or food for three months if they were to lose their jobs, have an accident, a health crisis or legal issue, according to data compiled by the Association for Neighborhood & Housing Development. Thus more than half of the city is vulnerable to eviction, foreclosure, damaged credit and destabilized households, the nonprofit group determined.

The ANHD's report, "How is economic opportunity threatened in your neighborhood?" listed 20 factors or "key drivers" of local economies based on data gathered by more than 100 nonprofit organizations serving the city. The information was then compiled to determine where new programs might need to be introduced.

The report showed that the Bronx population as a whole is the most vulnerable to homelessness, and the neighborhoods of Mott Haven and Hunts Point have the highest proportion of residents — 76 percent — without emergency savings to last three months.

A third of the residents in those Bronx neighborhoods also do not have Internet connectivity in their homes, the report said.

In Brooklyn, there were five neighborhoods listed as "high risk" in terms of emergency cash, including Brownsville (70 percent of residents), Bushwick (68 percent), East New York (67 percent), Bed-Stuy (67 percent) and the southern part of Crown Heights (67 percent).

Although more than half of Queens residents would be in dire straits within three months if they lost their income, Queens and Staten Island did not have any neighborhoods considered the most at risk on the study's scale.

Homelessness in New York City is already at an all time high, DNAinfo reports, as 60,500 people are currently living in shelters.

In 2014, Mayor Bill de Blasio's administration implemented an initiative to provide rental assistance, homelessness prevention programs, and move-out help through the Human Resources Administration. The agency estimates that without its help there could be 67,000 people in shelters.

Yet many New Yorkers do not know that they can get emergency rental assistance or legal services when faced with eviction and housing court, Edward Josephson, director of litigation and housing at Legal Services NYC, told DNAinfo.

In Manhattan, three neighborhoods ranked among the most vulnerable: Central Harlem, East Harlem and Washington Heights/Inwood at 66 to 67 percent.

"It makes sense to pay rent in arrears than to put someone in a shelter for $3,000 a month," Josephson said to DNAinfo.

"The city is expanding the program and is generous in helping with back rent. It's easier to get than it was before. But you still have to go to HRA offices during the work day to get it," he said.

# Malliotakis: De Blasio will endanger public by erasing IDNYC data

Mayor Bill de Blasio is endangering all New Yorkers by promising to delete data related to the city's program that offers identification cards to undocumented immigrants rather than give federal officials access to the information, a state legislator from Staten Island charged Monday.

Assembly member Nicole Malliotakis issued the warning during a news conference outside the Department of Finance Staten Island Business Center, which serves as an application office for the IDNYC cards.

De Blasio pledged to destroy IDNYC databases should the Donald Trump administration use it to hunt for undocumented immigrants to deport.

Republicans and State Assembly members Nicole Malliotakis and Ron Castorina at a Staten Island news conference THE OFFICE OF NICOLE MALLIOTAKIS

A provision of the IDNYC policy code allows for the erasure of that data on or before Dec. 31, 2016 — designed in the event a political shift would make that information a target.

"The purging of data acquired through the IDNYC program would create a new risk to the safety of all New York City residents in that, should someone use the program to create a fake identity for malicious purposes, we would be left without the means to learn how he or she created it," argued Malliotakis, a Republican.

"The records provided to the city in pursuit of the identification cards carry their own inherent value, and if our mayor is serious about preserving public safety he'll ensure that they aren't destroyed," she said.

A City Hall representative responded that the assembly member's assertion is unfounded.

"Claims that IDNYC is being used by those intending serious harm is reckless fear-mongering," the representative told the Staten Island Advance, adding that the application process is similar to that used to obtain a driver's license in states nationwide.

The IDNY cannot be used to board a plane or obtain a New York State driver's license. More than 900,000 New Yorkers have obtained the cards, the representative said.

*An expanded version of this story can be seen at Metro.us* AMANDA MIKELBERG

## BRIEF

**Donate to Metro's Toy Drive**

In keeping with the holiday spirit of giving, Metro is once again launching Metro Magic, our annual toy drive for underprivileged children in New York, Boston and Philadelphia.

This year marks the 7th anniversary of the toy drive, which was renamed in memory of the man who oversaw the project for more than four years, Tony Metcalf, Metro's longest-running editor in chief. Mr. Metcalf passed away in 2013 from colon cancer at the age of 50.

Mr. Metcalf lit up every year as he saw the faces of children unwrap their holiday gifts. It is our goal to keep that magic alive.

"Tony felt we should use the size and scale of Metro to help other's and he used enormous dedication and force to execute the project and every year make children in need a little happier during the holiday season," said Metro's Chief Executive Officer Yggers Mortensen.

"I am proud to continue this project in honor of Tony and I hope all our readers, suppliers and members of the Metro team will help to make this yet another great Metro Magic year."

Metro has created a wish list at the Target website that readers can access by going to Metro.us and clicking on the Tony's Metro Magic story on the homepage.

From there, just choose the toys you wish to donate, pay online using Target's secure payment system, and your gifts, along with your name attached, will be delivered to Metro's offices in each city.

This season, we hope you will remember the children who will spend the holidays in shelters or who may not have gifts to open. Even one small gift can make a big difference in a child's holiday season.

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# State commits $2.5M to combat underage drinking on campuses

The money will be distributed among 20 CUNY and SUNY schools.

GARY KANE
@MetroNewYork
gary.kane@metro.us

GETTY IMAGES

Alcohol is still the most abused drug on college campuses nationwide, so New York state is allocating $2.5 million to combat underage drinking at SUNY and CUNY schools, Gov. Andrew Cuomo announced Monday.

The money will be used by 20 campuses to help them develop coalitions to work on strategies to prevent underage drinking.

"This funding will build on our progress to prevent senseless tragedies and equip students with vital knowledge to curb underage and binge drinking, and provide critical services to those at risk for addiction," Cuomo said in a news release.

"Time after time, we have seen the reckless behavior, and bad decisions with often life-altering consequences that come with underage drinking."

Each college will receive $125,000 annually for five years.

Underage drinking and drug use can lead to such problems as overdoses, drunken driving, fights, sexual assaults and academic failure, state officials noted.

"These grants will help bolster CUNY's ongoing efforts to keep our students safe and informed about the dangers of alcohol and drugs in college social settings and off-campus, and educate them about treatment and other services," CUNY Chancellor James Milliken said in a news release.

More than 80 percent of college students drink alcohol and almost half say they recently experienced binge drinking, according to research conducted by the National Institute on Alcohol Abuse and Alcoholism.

As part of the effort to combat underage drinking, the state Department of Motor Vehicles has seized 147 fake driver's licenses and fake IDs since September, according to the governor's office.

Cuomo pointed out that the programs associated with preventing underage drinking and drug abuse compliment the state's commitment to resolving the problem of sexual assault on campuses.

## BRIEF

**Police search for 'Hamilton' show pickpocket**

Alexander Hamilton, the nation's first secretary of the treasury, would not be pleased.

A pickpocket is preying on unsuspecting fans of the Broadway musical, "Hamilton," as they wait outside the stage door, hoping for an autograph.

The New York City Police Department is searching for the suspect, and has released photographs and a surveillance video of the woman they say is responsible for the thefts, which have taken place over the last several months.

Authorities say the suspect has used credit cards from those thefts to ring up $2,200 in purchases from stores like Macy's, Junior's Restaurant, Rite Aid, Target, Burlington Coat Factory and DSW shoe store.

The incidents were reported between May 25 and Nov. 6, as the fans waited outside the Richard Rodgers Theater on West 46th Street, following performances there.

NYPD

The woman has black hair and glasses, and was last seen wearing a gray sweater, black pants and a gray scarf, police said.

Anyone with information should call the NYPD's Crime Stoppers Hotline at 800-577-8477. All calls are confidential.

ALEXI FRIEDMAN

# New York state corrections officer, wife shot in Queens home

A New York state corrections officer and his wife were shot in their Queens home Sunday night, and investigators are trying to determine whether they were targeted, multiple news outlets reported.

The officer, 58-year-old Henry Wright, was shot five times in the midsection and his wife, Sharon Floyd-Wright, 52, was shot once in the shoulder, the New York Daily News reported.

Authorities say the attack began as a robbery at the home in the Jamaica section of Queens, around 7 p.m. Two men knocked on the door, and when Floyd-Wright answered, they rushed in and started firing, ABC7 reported. Floyd-Wright managed to hit one of the attackers with a hammer.

Investigators are searching for the assailants, described as in their 20s or 30s and wearing dark clothing, possibly having escaped in a dark-colored vehicle, ABC7 reported.

The couple was taken to a local hospital. Henry Wright is in critical condition with life-threatening injuries, according to the Daily News.

ALEXI FRIEDMAN

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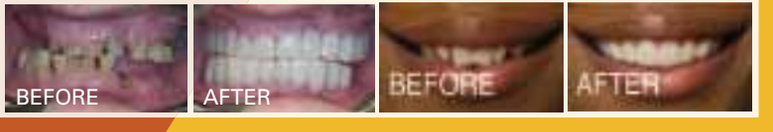


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1- "White Mulberry Supplement as Adjuvant Treatment of Obesity", Journal of Biological Regulators and Homeostatics Agents., Vol 28, no.1, 2014.

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PIXABAY

# East Village Church bake sale offers over 50,000 holiday cookies

The handmade cookies will include 75 varieties.

CRISTABELLE TUMOLA
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This East Village church could even please Cookie Monster.

St. Nicholas of Myra Orthodox Church, located at 288 E. 10th St., is having its eighth annual Cookie Walk next month, where the institution's "Cookie Team" will bake more than 50,000 handmade holiday cookies. They will include 75 varieties "using the finest ingredients," according to the church.

The massive bake sale is to be held from 11 a.m. to 4 p.m. on Dec. 10 and from noon to 3 p.m. on Dec. 11. Participants can choose from a 1-pound or 3-pound box, costing $15 and $35 each.

The idea is to "take a walk" through the tables of cookies and fill the box with as many baked goods as possible. There are only two rules: No sampling and the lid must be able to fully close. Also, cookies can sell out early, so come Saturday if possible.

Admission is free and so is a Little Elves Bakery & Workshop where children 10 and under can create their own holiday treats.

The giant bake sale has apparently been so popular with locals that one resident who moved to Long Island returned to get a box of cookies, according to the church.

To learn more about the event and see some of the cookies the church is offering this year, go to Stnicholas cookiewalk.com.

## BRIEF

**FDNY: Woman, 85, gravely injured in Bronx apartment fire**

An 85-year-old woman was hospitalized in critical condition after a fire ripped through the top floor of an apartment building in the Bronx, officials said Monday.

Firefighters found the woman unconscious in a smoke-filled hallway at about 8:30 p.m. Sunday as they fought the blaze in the five-story building at 1038 Southern Boulevard in the Foxhurst neighborhood.

The woman, whose identity wasn't disclosed by police, was the only person injured in the fire. She was taken to Lincoln Hospital with life-threatening injuries, officials said.

About 140 firefighters were at the scene and brought the fire under control before 10:30 p.m. Dozens of people managed to get out of the building.

The local Red Cross was helping 16 families who were displaced by the fire.

The fire marshal is looking into the cause of the fire.

GARY KANE

More than 140 firefighters responded to the blaze in Foxhurst. EDWIN SOTO

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# N. Dakota governor orders pipeline site protesters to evacuate

The Oceti Sakowin Camp on the Standing Rock Sioux Reservation in Canon Ball, North Dakota. GETTY IMAGES

Demonstrators at a camp on land owned by the U.S. Army Corps of Engineers in southern Morton County, who oppose the $3.8B pipeline, were ordered to leave the area immediately and not return, according to an executive order signed by Gov. Dalrymple.

North Dakota Gov. Jack Dalrymple ordered an emergency evacuation on Monday for protesters at the main camp near the Dakota Access Pipeline due to "harsh winter conditions," his office said in statement.

"Winter conditions have the potential to endanger human life, especially when they are exposed to these conditions without proper shelter, dwellings, or sanitation for prolonged periods of time," the executive order said.

It added that the area in which the camp is situated is "not zoned for dwellings suitable for living in winter conditions."

Most of western and central North Dakota are under a winter storm warning, according to the National Weather Service, which said the area would experience heavy snow through Wednesday.

Demonstrators have protested for months against plans to run the Dakota Access Pipeline, owned by Energy Transfer Partners LP, beneath Lake Oahe near the Standing Rock Sioux reservation, saying it poses a threat to water resources and to sacred Native American sites.

The companies say the pipeline would carry Bakken shale oil more cheaply and safely from North Dakota to Illinois en route to U.S. Gulf Coast refineries.

The 1,172-mile project is mostly complete except for the segment planned to run under Lake Oahe, less than half a mile north of Standing Rock.

The Obama administration in September postponed final approval of a permit required to allow tunneling beneath the lake, a move intended to give federal officials more time to consult with tribal leaders. The delay also led to escalating tensions over the project.

Police last week used water hoses in subfreezing weather in an attempt to disperse about 400 activists near the proposed tunnel excavation site. REUTERS

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I have corns on my toes which get thick no matter what shoe size I wear.
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I have cramps in my legs which always happen when I walk the same distance.
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# Trump meets Petraeus as he steps up search for next secretary of state

A source close to the transition team said it had appeared late last week that Trump was leaning toward choosing Romney but that the appearance of Petraeus at Trump Tower suggested the president-elect was still undecided and casting a wider net for the secretary of state position.

President-elect Donald Trump stepped up his search on Monday for a new secretary of state, with the focus on former CIA head David Petraeus, who is a candidate despite admitting he shared classified information with his lover.

Petraeus, a retired general, held a meeting with the Republican winner of the Nov. 8 election at Trump Tower in Manhattan.

Once the top U.S. military commander in Iraq and Afghanistan, Petraeus was sentenced to two years' probation and fined $100,000 last year for the unauthorized removal and retention of classified information.

He admitted sharing classified information with his biographer, with whom he was having an affair. The scandal forced Petraeus to resign from the CIA in 2012.

Petraeus has also been mentioned as a possible new secretary of defense. Trump, who takes office on Jan. 20, is also holding talks with Mitt Romney on Tuesday in his second recent meeting with the 2012 Republican presidential nominee.

Sen. Bob Corker of Tennessee, the chairman of the Senate Foreign Relations Committee, and former New York Mayor Rudy Giuliani are also in the mix for the job of America's top diplomat, Trump aides say.

Petraeus said after meeting Trump that the New York businessman "basically walked us around the world" in their discussion. "He showed a great grasp of the variety of challenges that are out there and some of the opportunities as well," Petraeus told reporters.

Frances Townsend, a national security aide during the administration of Republican President George W. Bush, also met Trump on Monday.

Petraeus' past mishandling of classified documents is unlikely to be an obstacle to Trump offering him a top government post, said a source who has advised the transition team on national security. That is despite Trump harshly criticizing Democratic rival Hillary Clinton during the election campaign for using a private email server while she was secretary of state.

Trump often compared the prosecution of Petraeus with the lack of legal action against Clinton, who was investigated by the Federal Bureau of Investigation but never charged with any offense.

Among the Trump transition team, Petraeus and Romney are supported by Republicans looking for a candidate with gravitas who can unify the party, the source said.

Giuliani is favored by aides who worked on the election campaign, while ideological conservatives are more inclined toward John Bolton, the former ambassador to the United Nations, the source said. Corker is well regarded, but some in the Trump camp do not want too many senators coming into the Cabinet, the source said.

Trump arrived back in New York on Sunday after several days in Florida for Thanksgiving. He caused a stir on Sunday when he alleged on Twitter that "serious voter fraud" had occurred in the presidential election in New Hampshire, Virginia and California — states won by Clinton — but provided no evidence to back his assertion. REUTERS

Retired Army Gen. and former CIA Director David Petraeus arrives for meetings with President-elect Donald Trump on Nov. 28 at Trump Tower in New York. EDUARDO MUNOZ ALVAREZ/AFP/GETTY IMAGES

***"Just based on his public statements, I think [Trump] sees Petraeus as a good man who made a mistake, who did a fraction of what other people have done and received a lot more punishment,"***

Unnamed source advising Trump's transition team

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# Ohio State University student injures 11 in car, knife attack

The attack at the Columbus campus, which was initially reported by the university on Twitter as involving an "active shooter," drew a massive response of heavily armed police.

Metro received an exclusive photo from an OSU student at the scene in Columbus. JESSICA SCHWARZ

A student drove a car into a crowd of pedestrians at Ohio State University on Monday morning and then jumped out and stabbed several people with a butcher knife, injuring 11 people, before a police officer shot and killed the attacker, officials said.

Abdul Razak Ali Artan was shot and killed within minutes after plowing into the group by a police officer with less than two years on the force, said Monica Moll, director of public safety for Ohio State University.

"It frankly took a piece out of everybody here at our beautiful Ohio State University that this could have happened here," Ohio Governor John Kasich said at a news conference.

A U.S. government official confirmed the assailant was from Somalia, 18 years old and a lawful permanent resident of the United States. A second government source said investigators had reason to believe the attacker at the campus in Columbus was a Somali refugee. Columbus, the state capital, has a large Somali population.

U.S. Congressman Adam Schiff, a California Democrat and the ranking member of the House Permanent Select Committee on Intelligence, said intelligence agencies were assisting in the investigation.

"It bears all of the hallmarks of a terror attack carried out by someone who may have been self-radicalized," Schiff said in a statement.

Another U.S. official told Reuters U.S. agencies are investigating the Columbus attacker's background and motivations, but cannot clearly say yet whether he had any ties to suspected militant cells or groups.

The suspect jumped the curb and used the vehicle to strike pedestrians in front of Watts Hall, Moll said.

The suspect left the vehicle armed with the knife and stabbed several others, Ohio State University Police Chief Craig Stone said.

"This was done on purpose," Stone said.

Less than two minutes elapsed between the first call for help at 9:52 a.m. local time and the shots fired by campus police officer Alan Horujko, 28, Moll said.

The incident follows a stabbing attack in September at the Crossroads Mall in St. Cloud, Minnesota, where a man whose family came to the United States from Somalia wounded 10 people with a knife before he was shot to death by an off-duty police officer.

Authorities last month indicated the Minnesota attacker showed signs of radicalization and a Federal Bureau of Investigation special agent said his actions appeared to be "consistent with the philosophies of violent radical Islamic groups."

One person was critically injured in Monday's incident, Columbus fire officials said. Eleven people were treated at area hospitals, including 10 taken by ambulance.

Ohio State University Wexner Medical Center treated six victims, said Dr. Andrew Thomas, the chief medical officer. They included two with stab wounds and three others who had injuries from being hit with the vehicle.

Two other hospitals received five patients, who suffered from lacerations and injuries caused by the vehicle, Thomas said.

With nearly 60,000 students, the Columbus campus is the state's flagship public university. REUTERS

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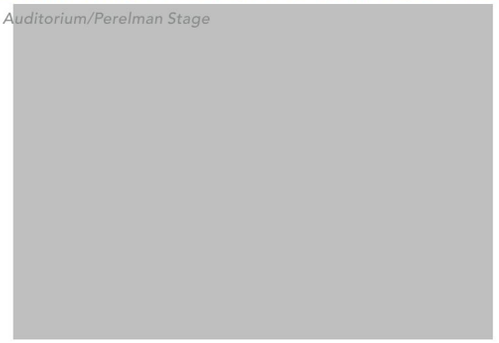

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# Officials: Iranian vessel made 'unsafe' action against US helicopter

An Iranian Islamic Revolutionary Guard vessel pointed its weapon at a U.S. military helicopter in the Strait of Hormuz on Saturday, two U.S. defense officials told Reuters on Monday, an action they described as "unsafe and unprofessional."

The incident is the latest in a series of similar actions by Iranian vessels this year, but the first reported since Donald Trump won the U.S. presidential election earlier this month.

During his campaign, Trump vowed that any Iranian vessel that harassed the U.S. Navy in the Gulf would be "shot out of the water," if he was elected. Trump is due to take office on Jan. 20.

There was no immediate Iranian comment on the incident.

The officials, speaking on the condition of anonymity, said the incident took place when a Navy MH-60 helicopter flew within half a mile of two Iranian vessels in international waters. One of the vessels pointed a weapon at the helicopter, the U.S. officials said.

"The behavior by our standards is provocative and could be seen as an escalation," the officials said. At no point did the crew of the helicopter feel threatened, they added.

Years of mutual animosity eased when Washington lifted sanctions on Tehran in January after a deal to curb Iran's nuclear ambitions. But serious differences still remain over Iran's ballistic missile program, and over conflicts in Syria and Iraq.

A number of similar incidents have taken place this year.

Navy MH-60 helicopter GETTY IMAGES

In September, a U.S. Navy coastal patrol ship changed course after an Iranian fast-attack craft came within 100 yards of it.

"When they circle our beautiful destroyers with their little boats and they make gestures at our people that they shouldn't be allowed to make, they will be shot out of the water," Trump said at the time. REUTERS

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## BRIEF

**San Francisco public transit system hit in ransomware attack**

The San Francisco Municipal Transportation Agency said on Monday it had contained a cyber attack, which disrupted its ticketing systems and forced it to offer free service to some customers during the Thanksgiving weekend.

The agency, known widely as Muni, said it was the victim of a ransomware attack on Friday that affected internal computer systems including email, but had no impact on safe operation of transit services.

The agency disabled fare gates from Friday to Sunday "as a precaution to minimize possible impacts to our customers," Muni spokesman Paul Rose said in an email Monday.

Muni said on its website that "the situation is now contained and we have prioritized restoring our systems to be fully operational.

It was the latest high-profile intrusion with ransomware, a pernicious type of computer virus that scrambles data on infected machines, sometimes making it impossible for organizations to deliver critical services.

Attacks have increased sharply over the past year, with criminals targeting hospitals, police departments and other providers of critical services in the United States and Europe. Criminals typically charge a few hundred dollars to tens of thousands of dollars or more to provide digital keys that restore systems to normal.

FBI spokesman Prentice Danner said the agency was "in contact with Muni officials," though he declined to say if the FBI had launched a formal investigation. REUTERS

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# Funeral held for San Antonio police officer killed in ambush attack

The detective was shot twice in the head as he wrote a traffic ticket after pulling over another motorist. Authorities said McKane then stopped his car behind Marconi's vehicle, walked up and shot the detective through the window.

Benjamin Marconi
SAN ANTONIO POLICE DEPT. HANDOUT

More than 1,000 mourners, including police from across the country, attended the funeral Monday of a San Antonio police officer fatally shot this month in his squad car during a routine traffic stop outside the city's police headquarters.

Benjamin Marconi, a 20-year veteran of the San Antonio police force, was killed at age 50 in a Nov. 20 ambush attack. He was remembered as a dedicated officer who wanted to help others.

"Detective Marconi, we are forever grateful for your watch. He was a friendly, dear brother and he was a friend to so many who served this city so well," said Betsy Buhler, a pastor at Community Bible Church, where the funeral was held.

Floral arrangements with Marconi's badge number also adorned the church.

Suspect Otis McKane was arrested without incident a day after the shooting and charged with murder, which can bring the death penalty in Texas.

McKane, 31, apologized to the officer's family in comments to reporters after being arrested, saying he had "lashed out at somebody who didn't deserve it" in anger over a child custody dispute.

Marconi's death came roughly four months after five police officers were killed by a black gunman in a racially motivated ambush in Dallas that stoked concerns about officer safety and fueled a simmering debate about the role of race in U.S. policing. REUTERS

## BRIEF

**Texas reports first case of Zika spread by local mosquitoes**

Texas health officials Monday reported the state's first case of Zika transmitted by local mosquitoes, making Texas the second state within the continental United States to report local transmission of the virus that has been linked to birth defects.

The case involved a woman living in Cameron County near the Mexico border who is not pregnant, the Texas Department of State Health Services said.

Pregnancy is the biggest concern with Zika because the virus can cause severe, lifelong birth defects, including microcephaly, in which a child is born with an abnormally small head, a sign its brain has stopped growing normally.

Texas said it has no other suspected cases of local Zika transmission, but officials there plan to step up efforts to watch for the virus. REUTERS

ADVERTISEMENT

# Drug Companies Fear Release Of New $2 Sex Pill For Older Men

## *Men in clinical trial see huge boost in desire, strength of erections, and sexual activity without side effects.*

**Big Pharma Worried:** Older men are having better sex after taking the newly released $2 pill called JackedUp. Clinical trials show active ingredient triggers surge in desire, strength of erections, and sexual activity in older men.

NEW YORK - It's hard to believe that in America today an affordable pill that could improve the sex lives of millions of men is in danger of being yanked from the shelves. And it's just because big drug companies fear for their profits.

The pharmaceutical industry is desperately trying to stop shipments of the remarkable new "JackedUp" pill. Big Pharma is worried because men are reporting increased sex drive, stronger erections and more stamina - all without the side-effects and $40-per-pill price tag associated with drugs like Viagra. Clinical results show men feel these benefits within just a few weeks of taking JackedUp's active ingredient.

The pill, made for men over 50, was released early last month. Despite Big Pharma's efforts, sales have already exceeded expectations.

**"If you're over 50** and suffering from low sex drive, decreased stamina and inability to perform, low testosterone is the biggest factor. ***Drug companies do NOT want men to know about this affordable new pill…"***

### Exciting Benefits

There are very good reasons why sales are booming and drug companies want it gone. Apart from costing just two dollars per daily dose, the clinical results confirm JackedUp's active ingredient is very impressive. It greatly boosts a man's ability to get and keep erections. Stamina during sex also improves.

The product also has a unique ability to help men feel more passion, desire, and sex drive. These impressive benefits come from boosting testosterone levels by up to a whopping 193%. Doctors are astounded by its effects.

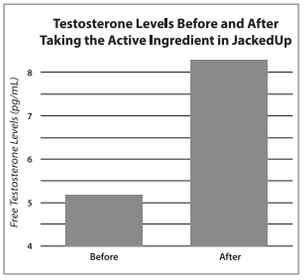
Why do drug companies want this pill stopped? Since the "JackedUp" pill is natural, drug companies can't patent it (like they did with Viagra) and make big profits. Plus, if you're over 50 and suffering from low sex drive, decreased stamina and inability to perform, low testosterone is the biggest factor. If you can safely boost your testosterone, *you won't need their expensive pills.* That's the very reason big business is trying to have it pulled from the shelves.

### Strong Clinical Results Worry Big Pharma

Recent clinical trials on JackedUp's active ingredient have made the drug companies more desperate. The trial results were published in major medical journals, and doctors are now recommending JackedUp to patients.

The testing was done on men 40 – 65 years old, and the results were remarkable. The men who took the active ingredient in JackedUp reported major improvements in their sex lives. Their ability to get and keep erections went up by over 200%. Libido and sex drive surged. Even staying power and stamina during sex more than doubled!

Head of product development, Dave McNeill, said the big drug companies weren't worried at first. "They didn't care because the active ingredient can take a few weeks before many men really feel the benefits. But these awesome clinical trials really got their attention. They're learning A LOT of men will wait a few weeks if it means avoiding negative side effects and saving money."




### How It Works

The "JackedUp" pill works by helping older men produce more testosterone. It doesn't force dangerous fake testosterone into your body like injections do. Instead, it works with your body to produce testosterone naturally. And the results have been extraordinary. It's like your body reboots itself to feel like it did in the prime of your life.

### Initial Users Are Thrilled…And Worried

"JackedUp has been awesome for my sex drive and performance! I'm worried it may not be available in the future. The idea that it may be taken away just to secure some big drug company's profits is very frustrating."

*- Rob H., 49 years old, Colorado Springs, CO*

"My wife and I were both sexually vibrant until I had prostate cancer. After my surgery we tried everything my doctor recommended but nothing worked. Within a few weeks of taking JackedUp, everything has been functioning beautifully and we've been riding high ever since!"

*- Ken S., 78 years old, Phoenix, AZ*

### Doctors Speak Out

Drug companies are also concerned that doctors are now recommending JackedUp. The active ingredient has strong clinical results and lacks the side effects seen in current drugs on the market. This makes it an easy option for doctors to suggest.

Dr. Laguna-Bedia, a specialist in internal medicine says, "A lot of men think their lack of interest and inability to perform are simply parts of aging. This is just not true. JackedUp can help these men regain a healthy appetite for sex and the physical ability to perform."

"JackedUp works by boosting key male hormones without side effects. The benefits of these hormones to sexual health are well known, but they actually do more than that. Men also report more energy, less body fat and higher motivation," said Dr. G. Pereira, a renowned surgeon in Florida.

Dr. Jacob Moss notes, "I recommend JackedUp if you're struggling with getting and keeping erections or low libido. It's also a great option for men who want to last longer and have more control over when they orgasm."

### Special Opportunity for Our Readers

Drug companies are fighting hard to get rid of this product. This is making inventory disappear fast. Thankfully, a special discounted supply has been reserved for New York Metro readers. But only for those who call within the next 48 hours.

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Due to the possibility of JackedUp being pulled from the shelf, phone lines are often busy. If you call and do not immediately get through, please be patient and call back. Current supplies of JackedUp are limited, and callers that don't get through to the order hotline within the next 48 hours will be forced to wait for more inventory to be produced. This can take as long as 6 weeks.

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# Police shootings echo through US criminology classrooms

With police shootings in the news, some criminology students appear more willing to share personal experiences.

Police officers stand guard as demonstrators protest the killing of Michael Brown in Ferguson, Missouri. GETTY IMAGES

A new crop of ads on New York City subway cars reads "Justice now, but justice how?" The words evoke the tone of street protests over police killings of black men across the United States during the past three years.

But the ads are not a plea from civil rights activists. They are a recruiting pitch from the John Jay College of Criminal Justice in Manhattan. One of them reads, "If the system is ever going to change, this is the place where change will begin."

John Jay is one of a number of schools that are making academic changes in the wake of the high-profile killings of black men and boys by police in recent years in places like Cleveland, Chicago, Baton Rouge, Louisiana, and Ferguson, Missouri, that have fueled a debate about racial bias in the U.S. criminal justice system.

At the same time, police have been targeted by gunmen in places like Dallas, Baton Rouge, New York, Philadelphia and Des Moines, Iowa.

Scores of U.S. colleges and universities offer undergraduate and graduate course work in criminology. Graduates end up in a variety of jobs, from police detectives to social workers to corporate investigators.

Some schools, like the State University of New York at Albany, are trying to help more black, Hispanic and other minority researchers advance in their careers by creating jobs for those just out of graduate school.

One school, the University of California, Irvine, said it was considering a new course that would teach future police officers to empathize with people who have been arrested. Professors at other schools said they were changing how they address race in existing courses by adding material related to bias.

Some criminal justice professors may reorient their research to focus more on police-related deaths, said James Lynch, a University of Maryland professor and president of the American Society of Criminology. That is especially likely as the FBI and the Justice Department undertake a new effort to collect data on police use of force, he said.

"There's some change coming, and that's positive," Lynch said.

Not all schools offering criminology course work are making changes in light of recent events. But some, like John Jay, are making a direct appeal to a generation that has watched or even joined protests by groups like Black Lives Matter that criticize police use of force against minorities.

"We wanted to go out there with an ad campaign that's fierce, that's bold, that conveys the passions of our students and supports them," said Rama Sudhakar, a spokeswoman for John Jay, a college named after America's first chief justice.

"Students are saying, 'I was racially profiled,' or, 'I saw my father dragged away by the police,'" said Teresa Dalton, who teaches criminology at the University of California, Irvine.

The criminal justice school at the State University of New York at Albany is adding six postdoctoral fellowships, temporary jobs for people who recently received doctoral degrees, for scholars who are minorities. William Pridemore, the school's dean, said the recent shootings motivated the push.

"In general in criminology, we don't have a lot of minority scholars, and I think it's important that we change that," Pridemore said.

The University of California, Irvine, is considering a course centered around the perspective of people who are arrested, rather than from the perspective of law enforcement, Dalton said. It would cover subjects such as obtaining bail and what it is like to be in jail.

"The purpose is to give cops perhaps a little more empathy in their discretionary decisions: You could arrest this person, or you could not arrest this person, but what will it mean?" she said.

Many police-related encounters involve officers and civilians of different races and backgrounds, so officers may benefit from learning about implicit bias, said Cory Haberman, a University of Cincinnati professor.

> *"Officers who went to college are significantly less likely to use force than officers who did not."*
>
> A 2010 study published in the academic journal Police Quarterly

Implicit bias is a term used by social scientists to describe subtle associations or stereotypes that people make about groups, such as the idea that members of one race are more likely to be violent than those of another.

"These issues are definitely in the forefront of all the students' minds," said Haberman, who said he has added materials on implicit bias to a policing course he teaches.

Only about 15 percent of the 12,000 local U.S. police departments require officers to have attended college, according to the U.S. Bureau of Justice Statistics.

But many officers go. About 45 percent have at least a bachelor's degree and another 43 percent have taken some college courses, according to a 2015 research paper in the Journal of Criminal Justice Education, citing survey data from 2007-2008. REUTERS

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*Why Knee And Hip Arthritis Pain Sufferers Are Flocking To This Manhattan Medical Clinic To Relieve Pain And Avoid Joint Replacement Surgery*

# Knee Arthritis Pain Breakthrough?

## Real Doctor's Advice On The Most Advanced Medical Treatments For Knee Arthritis Pain

### *"The Knee Arthritis Treatment Everyone Is Talking About..."*

*By Matt Edgar*
*America's Heath Writer*

**NYC -** Modern medicine has come a long way.

The success stories and lives saved are endless.

And now, through advanced technology and science - skilled medical doctors are helping more knee and hip arthritis pain sufferers than ever before.

In just a moment, I'm going to reveal some of these incredible arthritis pain techniques...

So you can possibly relive some or all of your pain...

*Just like thousands of others already have.*

I bet many of these former arthritis pain sufferers were just like *you.*

But first, I have to tell you about this - it's very important information so you can make the very best decision about relieving your arthritis pain.

It will also help you avoid costly and painful mistakes.

Ready for some great arthritis pain relief information? Ok, here we go...

**The Two Arthritis Treatment Paths...**

The first thing to understand, is that there are basically two treatment paths you can choose to go down when you are looking for relief to knee or hip arthritis pain.

**One path is non-surgical.** You do not want surgery (who does!) so you do everything you can to avoid it.

You take pain pills, do physical therapy and exercises and maybe you even changed you diet.

Nothing worked. The pain progressively got worse until you couldn't stand it anymore.

Because you did not get the proper treatment - your joints decayed past the point of no return. Now they are basically "bone on bone" and the doctor told you there is no other option. You need...

**The Dreaded...**

joint replacement surgery.

I will admit - some people do need joint replacement surgery.

This procedure has come a very long way in recent years.

For some, at a certain point, this is the way to go.

**But - and this is a very big but...** even though this procedure has improved dramatically... it is not without risk.

In fact, a $500 million verdict in a lawsuit was just awarded to patients who received faulty hip implants during hip replacement surgery.

Some of the damage being reported from the faulty hip replacements sounds horrific.

There is no doubt, joint replacement surgery should be your last resort.

But too many people think they need joint replacement surgery when you do not.

In fact, many respond extremely well to a medical treatment approach that is finally becoming much more popular.

This is...

**Treatment Path #2**

This treatment path is non-surgical but it probably NOT what you are thinking.

It is NOT pain pills and grueling exercises. We think it is...

**Much better**

It is a treatment that actually puts vital lubricating gel directly into your arthritic knee or hip joint.

This is extremely important because when you have arthritis, you lose lubricating fluid in your joints.

**In other words, your joints basically "dry up."**

This causes joint surfaces to rub together causing all kinds of problems including brutal PAIN.

As time goes on - the joint wears out more and more and the pain can be excruciating.

The medical procedure I am speaking about is called...

viscosupplementation. During this procedure a FDA approved gel-like medicine is placed directly into the joint space.

This allows the joint to glide freely and move much better again.

*This decreases the abnormal rubbing and wear and tear and, in many cases, decreases or even eliminates pain.*

**Sounds Great Right?**

It does But... viscosupplementation has not worked for many people.

**There are two very important reasons why:**

If you have knee or hip arthritis pain and want to relieve your pain without surgery - or if you have already tried viscosupplementation without good results - what you are about to discover will be extremely important...

The first reason some people did not get good results with viscosupplementation is... bluntly... this is a real medical procedure done by real medical doctors.

This is NOT a "wonder cure" sold by slick marketers.

**In the real world of medicine and science, no treatments work 100% of the time or on everyone. And no good and ethical doctor would make such a claim or guarantee any results what-so-ever.**

So, there are some people that will not get results with this treatment.

**Reason #2**

To assure the best possible results, this treatment requires expensive advanced technology and a skilled medical doctor with experience doing this procedure.

For this treatment to have the best chance to work, the lubricating gel must be placed precisely into the joint space. Thats why **"Precision Arthritis Targeting Technology"** or PATT is always used. PATT uses a special medical camera and fluorosocpic imaging to guide the procedure and make sure the gel-like medicine gets exactly where you need it.

Many doctors doing this procedure do not use this advanced digital imaging and do these procedure either under ultrasound or "blind."

**No Difference?**

They say there is no difference - but research shows that doctors doing joint injections without being guided by the proper imaging ***completely miss the joint space about one third of the time.***

And because treatments are so precise - most patients report they are also painless.

Now that you know the facts - would you choose a doctor who uses advanced digital imaging to guide the treatment - or one who injects you blind?

**Can you see why this treatment has not worked for so many?** And can you see why, with the Precision Arthritis Targeting Technology and a doctor who has already done thousands of these procedures ***- it could work for you?***

That's why so many knee and hip arthritis sufferers are flocking to a medical clinic in NYC called "NY Pain Relief MD" that focusses on helping patients relieve their knee and hip arthritis pain and get back to doing all the things they want to do - like playing golf, walking without pain, tennis and many others.

**But one of the biggest successes** is when patients who were told they needed joint replacement surgery cancel the surgery because they feel so much better.

They get such great results because they use advanced digital imaging (PATT) to guide their treatments, their doctors are specially trained and have performed THOUSANDS of treatments and they use multiple brands of lubricating gels (many doctors only use one they have a "relationship" with).

**But that's not all -** for difficult cases, they also add advanced PRP and Stem cell treatments with often wonderful results.

Every patient is unique and they have a very unique treatment plan for every single patient so you can get the best possible results in the shortest amount of time.

**Here's How To Find Out If We Can Help You**

If you have knee or hip arthritis pain and would like to find out if the treatments at NY Pain MD can help you - you can come in for a risk-free no-obligation screening.. During this screening you will get a chance to ask questions and find out if you are a candidate for these advanced medical treatments - and what your best options are. The screening is completely free with no further obligation.

**After your screening, you will breath a big sigh or relief knowing what your options are and the best way to deal with your pain.**

If you are not sure - I know exactly how you feel. Arthritis pain is brutal. And it is hard to get straight answers.

So many patients felt the same way.

They told us they had given up until they read some information just like this and they came in to see us.

**Then their life changed so fast - it was incredible**

Give us a call right now at 855-456-PAIN and schedule your free screening.

The worst thing that can happened is you find out this treatment is not for you.

But what if we really can help you?

What if we really can get rid of some of all your pain?

What would that be worth you?

If it is worth a couple hours of your time - give us a call.

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**(Med Dir: G Craig)**

**57 West 57th Street**
**Suite 1603**
**New York, NY**
**(Med Dir: Jack Mbabuike, MD)**

**855-456-PAIN**
**(855-456-7246)**

**NYC PAIN MD**

## Why Is This Treatment In Such High Demand?

## "Precision Arthritis Targeting" Technology

There are many big medical clinics in NYC. In fact, New York offers some of the best medical care in the world.

With so many great options - **why are knee arthritis sufferers flocking to NY Pain Relief MD?**

There are several reasons. The first is what we can "Precision Targeted Knee Pain Technology."

**Here's what that means and why it is so important to you.**

This treatment places a medical lubricating and cushioning gel directly into the arthritic knee joint. This helps the knee glide more smoothly decreasing or eliminating pain.

**Precision Arthritis Targeted Technology Or PATT** means that we use extremely advanced digital imaging to make sure this lubricating gel is placed precisely where it is supposed to go. This means treatments have the best chance for success.

Doing this procedure without this advanced technology often leads to misplaced lubricating gel and failure.

Another secret to success is using multiple treatments to maximize pain relief and healing. NY Pain MD uses multiple brands of lubricating gels and also offers stem cell therapy and platelet rich plasma (PRP). PRP is being used by top professional athletes in an attempt to heal injuries faster. The combination of these treatments can often get incredible results when other treatments have failed.

While many clinics only offer one of these treatments - NY Pain Relief Md offers them all under one roof for maximum results and convenience.

And just as important is the experience of NY Pain MD Relief doctors. NY Pain Relief MD doctors are experts at this procedure and have successfully done thousands.

For more features stories, visit metro.us



# the word

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## Leah Remini speaks out against Scientology

Leah Remini is going public about her experience with the Church of Scientology. The former "King of Queens" star's memoir "Troublemaker: Surviving Hollywood and Scientology" is getting the docu-series treatment from A&E, and she's speaking out against the church's controversial methods.

"People are talking about their experiences of physical abuse, mental abuse. And to be called a liar… to victimize victims is not OK with me," said the 46-year-old actress during a Monday appearance on "Today."

"[My book is] for the people who have spoken out, but it's also for people who just maybe don't have the strength to fight, feel they don't have a voice. I just want to give people strength, and not just with this organization but with any bully."

Scientology sounds like the basis for another really good Hollywood conspiracy flick.

## Niall Horan still has hope

ALL PHOTOS GETTY IMAGES

Teenage girls around the world harbored broken hearts earlier this year when mega-boy band One Direction announced their sort-of-permanent sounding hiatus. The break came shortly after Zayn Malik—obviously the hottest one in the group, just saying — pursued his plans to go solo in 2015, officially breaking from the band. While loyal fans may have held onto hope that the group would return, those of us who know better—we're still waiting on the official Destiny's Child comeback—thought this to be the end of 1D.

But we may have gotten it wrong after all!

According to the Sun, Niall Horan, fresh in the face of his own solo career, says, "We will back. We would be silly not to… ridiculous." Horan says the remaining members of the band are concentrating on their solo projects ("Harry wanted to do his movie") and are otherwise "just chilling." While there's no specific timeframe set for 1D 2.0, we can already hear the screaming teenyboppers off in the distance, ready to rise up once more.

## Heidi Klum is fine being a nudist

Supermodel and businesswoman Heidi Klum is the cover girl for the December issue of Ocean Drive magazine— and the 43-year-old is offering no apologies for who she is or who she's with.

In an interview with the magazine, Heidi talks about her swimsuit collection, Heidi Klum Swim, but she also gets personal when she explains why she's often photographed topless on beaches. "I grew up going to nude beaches with my parents, so I'm a nudist. I have no problems with nudity at all. I'm very free."

When asked about the age difference between herself and her 30-year-old art dealer boyfriend,Vito Schnabel, Klum says, "It's not about age. We have an amazing connection, we have fun together and we love each other. It doesn't matter what people say." Boom.

And here we thought a 10-year minimum age gap was standard requirement for most Hollywood relationships. Live your best life, Heidi!

## Ed Sheeran slashed by Princess Beatrice

"Did I tell you about the one time I got cut in the face by a sword-wielding princess?" As outlandish as that intro sounds, it's one that singer Ed Sheeran can actually use as an icebreaker. Billboard shares how the wild incident supposedly went down.

Ed Sheeran was hanging out with James Blunt and Princess Beatrice, seventh in line to succeed Queen Elizabeth II, earlier this month, no big deal. James jokingly asked Princess Beatrice to "knight" him, and she obliged. But either the sword was too heavy or the princess has no aim, because she nicked Ed's face instead. Several pictures of his war wound have surfaced on Twitter.

One day Ed's going to tell his grandkids this story and they won't believe him.

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# The Midas touch

Bruno Mars' latest album, "24K Magic," dropped Nov. 18 from Atlantic Records. GETTY IMAGES

Bruno Mars chats "24K Magic" and that time Prince gave him a thumbs up.

GABRIELA ACOSTA SILVA
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You've probably only just managed to get "Uptown Funk" out of your head — and now the co-star of 2014's catchiest track is back. Bruno Mars, 31, follows up the Mark Ronson-led megahit and his Grammy Award-winning album "Unorthodox Jukebox," with "24K Magic" in November. The Hawaii-bred singer-songwriter chats about his new '90s-sounding R&B album and why he wishes people would leave their phones at home.

**You seem to have the Midas touch when it comes to music ...**
I have had a long road with many sacrifices and I'm enjoying every moment of my career. Nothing has come for free — I've been through bad times. I'm grateful for this moment of success, but that will only continue if I stay on track in a disciplined and orderly way. Remember that not everything that shines is gold. [Laughs]

**How are you describing the sound of "24K Magic"?**
I had many ideas in my head during the process of the album and [turning] them into songs was not easy. I maintained a '90s influence and hip-hop reigns throughout the album. It's definitely a very danceable album.

**What do you consider to be your greatest virtue?**
Being able to resist and never stop fighting. I'm always taking risks to show an evolution. From a very young age, I've been going against trends and despite the obstacles, I've been a little stubborn. Now I have the opportunity to do what I want. I'm working on the new tour; I like to surprise with visuals and choreography. I'm a musician who seeks perfection on stage and leaves the people who invested [money and time] in a ticket satisfied.

**You have performed alongside some big names. Who has surprised you the most?**
They have all have been great, from Beyonce to Coldplay, but who surprised me was Adele — she has something special … it's old school. I like to do the process in the most classic way, so I enjoyed collaborating with her. We were just sitting in a huge armchair in front of a piano. Sometimes the simplest things are what leave you with the most.

**Do you think you live a crazy life?**
I am happy because I have the people who I love and I do what I like. I do not do anything that can damage what I have achieved. And it took me a lot of work for people to be interested in my music, so I cannot make mistakes that endanger my profession. Perhaps the craziest I can be is to turn into a fan when I see someone I admire.

I can tell you an anecdote with Prince. It happened in a ceremony during which I was almost in front of him. I looked at him and admired every second. Suddenly he turned to me and raised his thumb up. I was shocked, thinking that that sign was for someone who was behind me, so I never looked the other way. So I was left with the idea that that moment was mine alone.

**Which musicians would you bring back to life?**
Without doubt Elvis Presley, Jackie Wilson, James Brown and Michael Jackson.

**Do you ever miss the past? Like the old school?**
No, but what I really would change would be how we enjoy a concert. Before, [a concert] was going and listening to all these bands with only our ears and eyes witnesses to those moments. Today, I would do anything for everybody to leave their cellphones and cameras at home before coming out to enjoy a show. Now everyone brings their phones and wants to record everything. I would like people to come to the shows and enjoy them like in the old days. It bothers me that I have to see the most important moments on YouTube, when they were there and they did not take advantage of it. At the end of the day, I go out on stage for the public to see what I enjoy doing most in life.

# Isabelle Huppert swears she's funny

The legendary French actress talks about the two complex films she has out this season.

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Mia Hansen-Love's "Things to Come," in theaters Friday, is one of two films Isabelle Huppert (with Roman Kolinka) has out this season. (The other is "Elle," now playing.) SONY PICTURES CLASSICS

The inimitable Isabelle Huppert has appeared in some of the best, most daring films of the last four decades. She's been nominated for 15 Cesar Awards, and is one of only four women to win Best Actress at Cannes twice. She has two films out this winter: Paul Verhoeven's "Elle," now in theaters, and Mia Hansen-Love's "Things to Come," which comes out Friday. Both have garnered the actress even more acclaim. In "Elle," Huppert, 63, plays a woman who's been sexually assaulted by a masked stranger but doesn't react to it in the ways you'd expect. In "Things to Come," she's a philosophy teacher whose life crumbles apart, too, if in very different ways: She loses her job and her husband, all while her mother (Edith Scob) is dying.

**Cats play pretty vital roles in both "Elle" and "Things to Come." You handle both like a pro.**
Yes, I am a cat person, I am. I like cats more than I do dogs. The cat is very important in these films — kind of a silent witness to the story in "Elle." It's very interesting how in "Things to Come" the cat is sort of like a burden. It was such a heavy cat, a fat cat, something you have to carry but want to get rid of. It has all these meanings about [her character's] life. In "Elle," the cat gives some meaning to whatever she does, what it witnesses. It's an interesting coincidence, since I didn't pick these films just to work with a cat.

**Both films have other superficial similarities: a woman whose live is undone, a dying mother. How aware were you of these connections?**
It's the kind of theoretical idea that comes after you're done. Actually, I'm not so sure that that's [claps hands] clear in your mind at the time. It's more like something that goes beyond you, or goes through you without you even being aware of it. Cinema speaks a lot about unconscious, so you're prone to things, driven by things, and you don't even know what it is. It's only when it's all over that you see it and say, "OK, that's what it was all about." But the material is there to push you into that direction without you having any awareness.

**"Elle" is a funny movie, and Paul Verhoeven is funny. "The Piano Teacher," one of your films, is not funny, but you've said the director, Michael Haneke is very funny, too.**
I think most very smart people have a sense of humor. Smart people are funny people. I mean, "The Piano Teacher" isn't exactly a comedy, but I think it still has its hints of humor. It has a great sense of irony, like "Elle," that keeps you from being too psychological, too sentimental.

**Would you say you're a funny person?**
I have a great sense of humor, yes. I don't know what you would call it — a capacity, a will to always step-side and always see the irony of any angle of a situation. I think most things are very funny.

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# Robert Zemeckis goes back to the past

The maker of "Back to the Future" gets to make his World War II movie with "Allied."

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Anyone who can make "Back to the Future," "Forrest Gump" and last year's "The Walk" is officially versatile. With "Allied," the filmmaker finally gets to do his war movie. But it's on his terms. Set in World War II, it's a romantic thriller about two spies (Brad Pitt and Marion Cotillard) who fall in love while on a mission in Casablanca. They marry and relocate to London, at which point Pitt's character is informed his wife may be leaking intel to the Nazis. Refusing to believe this, he goes out of his way to prove her innocence, even though he can't be sure of it.

**Were there certain challenges you were looking to undertake when you took on a World War II movie that's about characters, not battles?**
My approach to these things is, "How am I supposed to tell the story? What is the camera doing to tell the story?"

The thing I had to concentrate on the most was to never lose sight of the fact that these people were madly in love with each other. That's what I always came back to. Everything visually had to speak to that.

**And Brad Pitt's character is so in love he's convinced Marianne is innocent. He doesn't fly into macho, jealous rage, though some of the things he does are still troubling.**
Yeah. He so desperately needs to disprove it, but he's almost on an impossible mission. He starts to realize that it's delusional thinking. He puts himself and other people in harm's way.

**Neither of your protagonists has many chances to speak their minds, which allows you to use the camera to convey character psychology. Even if we don't know exactly what they're thinking, we can get a general sense of how rattled they are.**
Definitely. The design that I spoke of with Don Burgess, my cameraman, was that as their world starts closing in on them, the image will become more and more claustrophobic as well. In the early parts of the movie, when we're in Casablanca, everything's wide or large vistas. It gets more closed-down as the story goes.

**You're famous for exploring new forms of technology, but you've said there are often more subtle special effects in some of your films. You revealed"The Walk" is filled with tiny special effects you'd never notice, not just the big ones during the climax atop the World Trade Center. Was that the case here?**
Yeah, there's quite a few. But that's what we do. We use all the tools at our disposal. I'll tell you what my favorite special effect is: It's the close-up.

**Shooting close-ups of Marion Cotillard must be a real treat for a filmmaker.**
Oh yeah, it's just great. It's absolute spectacle. That's filmmaking spectacle, to do a close-up of an actress like that. And a close-up is only something that can be done in movies, or a visual medium. It can't be done in any other art form. It's always been a special effect. To me, all other special effects are an extension on that. We tell stories using the tools and illusions of this specific art form.

In Robert Zemeckis' "Allied," Brad Pitt plays a spy who falls in love with a colleague (Marion Cotillard), then learns she might be a double agent. PARAMOUNT PICTURES; IMAGE TO THE LEFT: GETTY IMAGES

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# Honeybrains makes food for thought

This NoHo restaurant and cafe serves a neurologist-approved menu that promises to boost brainpower.

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We've heard about eating for our heart, muscles or our gut, but what about the most important muscle of all? A new NoHo restaurant wants to feed your brain.

"There's a ton of science on prevention right now about the importance of nutrition for cognitive health," says Dr. Alon Seifan, a neurologist whose fascination with nutrition as a component of well-being led to Honeybrains, a fast-casual restaurant and coffee bar opening today at 372 Lafayette St. "We really think that with a lifestyle approach, we can make a huge difference that's fun for people before they ever have problems."

The concept of Honeybrains, created in collaboration with his two siblings, came about from Seifan's research into Alzheimer's disease and nutrition's potential to affect cognitive health. "Metabolism in midlife is one of the most important predictors of how healthy our brain can be over our life course," he explains. "Even little changes can go a long way." A sustainable brain needs three metabolism-centric benefits: good circulation, balanced cholesterol and getting adequate vitamins, particularly B and D.

The resulting menu, developed with a nutritionist and executive chef Kevin Chun, features toasts, salads, sandwiches and bowls (five each, plus a breakfast selection). It also reads largely like a stroll down the produce aisle: marinated tomatoes and hummus are the only ingredients besides the fish in the S.S. Salmon Sandwich, while the Ever Green Salad consists of kale, spinach, grapes, fennel, spiced edamame and pistachios. Honeybrains isn't about the latest headline-making superfood — the dishes and fresh juices were crafted according to proven advice you've probably already heard from the American Heart Association and other scientifically verified sources.

Honeybrains is based on proven science in what helps keep the mind healthy. BRANDON HARDIN

The team also looked at the Mediterranean Diet and even folklore from the world's Blue Zones, where people live longer, to take "a non-biased approach to what is the best of what we all know." That meant fruits and vegetables chosen for antioxidant content, fiber-rich whole grains, legumes packed with folate, and omega-3 fats. Add a generous garnish of herbs and spices, fermented foods like pickles, and stick to natural sweeteners, and "you can not only enjoy your food, but you can rest assured that it's actually going to be good for you."

Honeybrains was named for the food that best represents the virtues of the menu. The 15 varieties of raw, colorful honeys sourced from Queens to New Zealand brim with vitamins and are gentler on blood sugar, and can be tasted at the restaurant's La Colombe coffee bar. Instead of seasonality, the menu will change with advances in nutrition science.

There are some surprises though, like a coffee-crusted skirt steak sandwich and organic bacon in the Cobb salad. "We want to highlight the idea of free-range meats being an important aspect, in moderation, of a healthy diet," Seifan explains. Free-range animals eat grass, which contains omega-3s, and that iron are beneficial for pregnant women and children, whose brains are developing. "We are the opposite of the egg white approach, and it's not the Paleo approach either where you're eating all meat all the time, which is irresponsible."

Even the restaurant itself promotes health. The beehive-looking space, designed by VAMOS Architects, features lighting intended to mimic sunlight at the optimal spectrum for concentration. It also has a "wellness nook" where people can try out and buy non-food products that have also been scientifically verified, and wellness talks on Thursday evenings. "We're not saying what's best," says Seifan, "we're just trying to reflect the science as humbly and transparently as possible."

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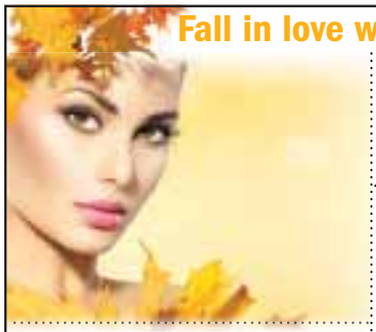

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# Holiday pop-ups galore

It's the most wonderful (shopping) time of the year. **TINA CHADHA**

ROCKY LUTEN/FOOD52

## Food52 Holiday Market

Make the foodie in your life super happy this season and get them a little something from Food52's Holiday Market. Want to make them even happier? Bring them along to the shopping (and tasting!) experience. From Friday to Sunday (noon-8 p.m.), Food52 will open the doors to its headquarters and allow shoppers to peruse over 400 kitchen and home items and place orders on-site with free shipping. And if you love free samples as much as we do, the event promises a plethora of demos and tastings including goodies like Mike's Hot Honey, Xocolatti's unique handcrafted chocolates and Gin Lane 1751's fancy cocktails. **122 W. 26th St., Floor 8**

## Max-Bone New York

**Opening: Friday, Dec. 2**

You know you need to get your number one something gorgeous for the holiday — and by number one, we mean your pet. Max-Bone founder Parisa Fowles-Pazdro knows you wouldn't walk around in an ugly acrylic sweater and neither will your dog, so she's created a line of stylish pet gear. In the new 600-square-foot boutique, opening Friday, you'll find everything from clothes to toys to beds and even tepees for your littlest ones. **21 Crosby St.**

ALL IMAGES PROVIDED UNLESS STATED OTHERWISE

## Mansur Gavriel

Mansur Gavriel bags fly off the shelves — just ask anyone who's tried to buy one of their coveted (and often wait-listed) bucket bags. To make your shopping life easier, the New York based it-accessories label has opened up its first pop-up shop in SoHo though January, selling an assortment of popular bag and shoe styles as well as the new and exclusive bag: the Baby Bucket. And if the gorgeous pale pink boutique —which looks like something out of a Wes Anderson film — isn't enough to put a smile on your face, there's an in-house flower shop selling customized arrangements. **134 Wooster St.**

## Everlane Cashmere Cabin

Nothing says holiday decadence like some soft, cozy cashmere. Thanks to Everlane's new concept shop you can buy pretty much everyone on your list Grade-A cashmere sweaters at affordable prices. Not into sweaters? Shop a selection of classic Australian merino wool coats or stocking stuffers like wallets and crossbody bags. The one-stop shop will also provide custom gift wrap by illustrator Kate Pugsley (a gift in itself), mulled wine or hot chocolate and limited-edition Pintrill gift with purchase. **392 Bleecker St.**

## Steven Alan sample sale

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*150 Greene St.*

## J.Crew and Madewell sample sale

Up to 60 percent off retail prices on fall and holiday collections for women. Plus, crewcuts and men's shoes too.

**Through Dec. 3**
*10 a.m.-8 p.m.*
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*11 a.m.-5 p.m.*

*260 Fifth Ave.*

## Nanette Lepore sample sale

Items from pre-fall and fall as well as archival samples and sweaters will be on sale.

**Through Thursday**
*9 a.m.-7 p.m.*

*225 W. 35th St.*
*17th Floor*

## Faherty Cabin

What do you get your beach lover for the holidays? Well, besides a trip to Bali, we suggest something from Faherty's winter pop-up in the West Village. The two-floor space, designed like the "lodge of an eccentric, yet lovable uncle," features items like cozy, prewashed cotton flannels, traditional Cowichan sweaters, surf ponchos and sherpa lined blankets. The store will also house grooming, pet, children and home goods from brands like Wigwam, Redwing, Waltzing Matilda, Baxter and more. **351 Bleecker St.**

## Fishs Eddy

Stock up on cute bowls and glasses for upcoming parties, or find a mug with the perfect zinger for your aunt at Fishs Eddy's new digs. Our favorite affordable retailer for quirky and cute dishes and home goods has set up a holiday-themed shop in the Meatpacking District. **90-100 Gansevoort St.**

ISTOCK

# Support your community this Giving Tuesday

With #GivingTuesday, nonprofits have a day to shine.

LAKSHMI GANDHI
@MetroNewYork
letters@metro.us

We've all heard about Black Friday and Cyber Monday, but what about a day devoted to giving back to the communities all around us?

Giving Tuesday has been doing just that since 2011. First started at the 92nd Street Y as a way to encourage people to donate to nonprofits and community organizations, Giving Tuesday has grown into a worldwide phenomenon that raised over $117 million last year. Organizers say they expect interest to be even greater this year.

"Since the election, we've seen towns and cities come together and decide to celebrate community," says Asha Curran, the 92nd Street Y's chief innovation officer. "Giving Tuesday was created as a way to give your time, give your money and give your voice to causes you believe in."

As conversations about how to get more involved continue to heat up in the coming days, we have everything you need to know about how to participate in Giving Tuesday.

## Finding the right organization for you

On a tight budget this year? Curran says even small donations can make a big difference to most nonprofits. "It doesn't even have to be a donation, it could be an act of kindness," she says. Curran encourages potential donors to browse through the #GivingTuesday hashtag on both Twitter and Facebook to see which groups or causes appeal to them. You can also visit givingtuesday.org and search for organizations by region and issue.

## Hashtagging means caring

Social media has always played a vital part in the growth of Giving Tuesday. While many donors often feel shy about announcing their support of a particular charity or cause, Curran says Facebook and Twitter posts about donating can make a vital difference. "I think we underestimate how much of an impact talking about our donations can have. The truth is, people give because they are asked to by a friend or they see their friends are doing so."

For donors who want to share a version of their story that's longer than 140 characters, Giving Tuesday is also hosting its My Giving Story contest with the Gates Foundation and Facebook. Donors who write a short essay can win up to $10,000 in donations for the nonprofit of their choice. You can visit the Giving Tuesday Facebook page for more information.

## Creating a movement

Curran notes that even countries that traditionally do not celebrate Thanksgiving (or have Black Friday sales) are beginning to embrace Giving Tuesday. "We have partners in Russia, Brazil, Croatia and the United Kingdom," she notes. "While those countries are all very different, the things that drive our partners are all the same. They care about their communities, they care about their schools, they care about the environment."

### Local spotlight

Interesting in helping public school students? Learning Leaders trains volunteers to tutor students and helps parents take a more hands-on role in their children's educational development. This #GivingTuesday, Learning Leaders is sharing the stories of New Yorkers whose parents played a vital role in their educations with their #ParentsMakeTheDifference social media campaign.

Social media post about donating influences others to get involved. PROVIDED

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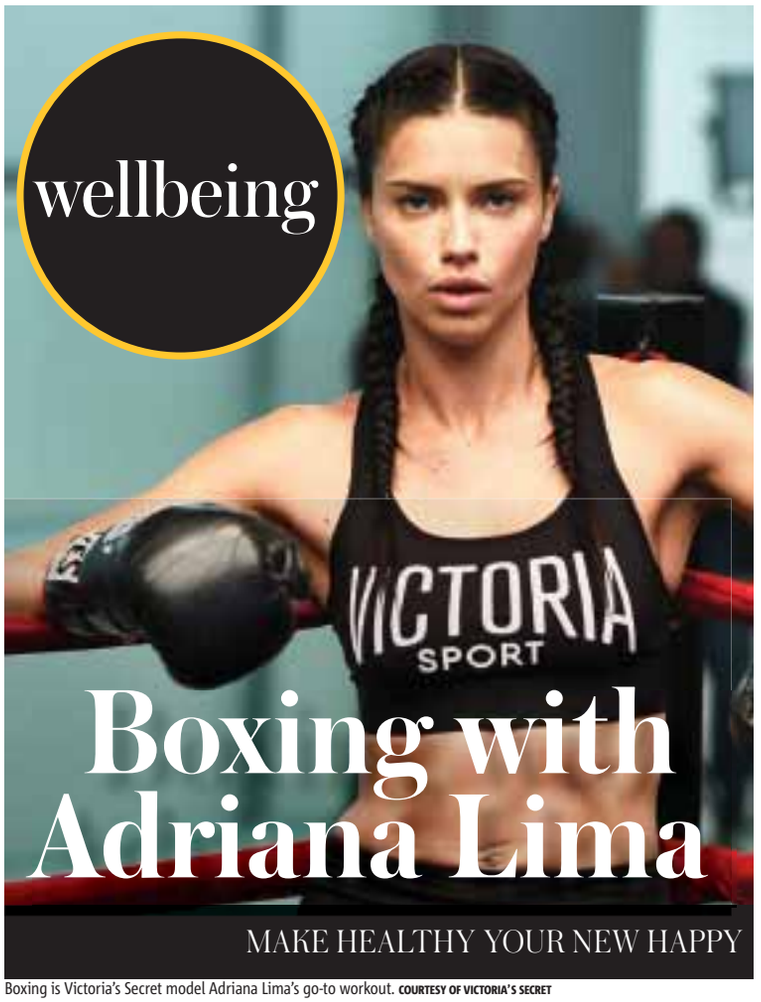


# Boxing with Adriana Lima

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Boxing is Victoria's Secret model Adriana Lima's go-to workout. COURTESY OF VICTORIA'S SECRET

She throws punches at Aerospace Gym in Chelsea.

KATE MOONEY
@yatinbrooklyn
kate.mooney@metro.us

With the 2016 Victoria's Secret Fashion Show only a week away, Victoria's Secret model Adriana Lima is getting ready for the runway by sparring at Aerospace boxing gym in Chelsea. The 35-year-old model, who has been boxing since she was 19, trains six days a week under Aerospace co-owner, boxing champion Michael Olajide Jr.

## Why boxing is her favorite way to stay fit

"Boxing to me was the exercise that showed me how strong I could be as a woman," Lima says. "It is very empowering. I like challenges. Every day you learn something new. With boxing, you're always stepping up."

The practice also tests the Brazilian model's mental strength.

"[The exercise] helps me with my mind, because you come here and have to focus completely on the combination of punches so you don't think about something else," she says. "It's kind of my meditation."

## Her routine:

"In the morning I take my kids to school, and then I go to the gym," says the mother of two.

The six-day-a-week, 90-minute workouts vary, but a typical warm-up consists of 10 to 15 straight minutes of jumping rope, for cardio. That will be followed by intense shadow boxing for 10 minutes, and then onto focused mitt work for 30 to 40 minutes.

"We'll also do a lot muscle-conditioning exercises, where I use my hands to resist her movements — I call it hand-crafting. That will tone her core and legs," says trainer Olajide. "Using body-weight resistance and the body's natural range of motion, it's almost like you're getting the benefits of weights without using weights," he says.

"Then we get in the ring and catch punches,"says Olajide.

## What she eats to fuel her fists

"It's such an intense workout, and food is energy," says Lima, who adds that she eats six times a day, small meals of veggies, protein and some carbs.

For breakfast, she'll have egg whites or oatmeal. For a mid-morning snack, raw vegetables. Lunch tends to be quinoa with vegetables and protein — fish or chicken, usually, never red meat. An afternoon snack might include fruit or nuts. Dinner follows in the same vein as lunch with another veggie/carb/protein meal.

"My bedtime ritual is to have buckwheat cereal; it's my favorite thing," she says.

## How she works out if she can't hit the gym

"If I'm traveling and don't have time to go to the gym, I go running," she says. "Every boxer has to run. I can do four miles. It is not my favorite thing to do, I have to say, but I get it done."

## Her favorite pump-up jam

"My song right now is 'Till I Collapse,' by Eminem," she says. "I love that song, it's super-empowering to me."


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# Rangers cruising, Islanders struggling

The state of hockey in New York.

DENIS GORMAN
@DenisGorman
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In the span of three days, Henrik Lundqvist played in two games against National Hockey League franchises based in Pennsylvania.

He used one word to link his performances.

"Awareness," Lundqvist told reporters in Philadelphia on Black Friday after he made 40 saves in the Rangers' nationally televised 3-2 win over the Flyers.

The game followed a 6-1 loss to the Stanley Cup Champion Penguins last Wednesday night at the Garden where Lundqvist was pulled after allowing four goals on 17 shots in a period-and-a-half.

"The thing I kind of lacked in the second period against Pittsburgh I feel like I tried to be aware of [the Flyers] all the time," Lundqvist said. "They move the puck really well, especially the top line. It was a good game for us, good game for me. We really worked through it and battled. They kept coming and I think the key for us was to play a smart game. They're pretty fast in their transition game, especially in the second there. We lost the puck a couple of times on the blue line and they kept coming. I think for us, too, we didn't take that many penalties. Going into the game, we didn't have a good power play so we played a smart road game. It's nice to get the win after a tough loss."

Following the win in Philadelphia, Lundqvist has a 10-6-0-1 record in 17 games with a .915 save percentage, 2.43 goals against average and one shutout in 939:13.

By comparison, he compiled 35-21-0-7 record in 65 games along with a 2.48 GAA, .920 save percentage, four shutouts in 3,773 last season.

Unlike 2015-16, Lundqvist hadn't been called on to routinely steal games until Friday. That has been due in part to an offensive attack whose 3.86 goals per game average leads the league. The NHL average for goals scored per game is 2.63.

Still, it's a comfort for Alain Vigneault and the Rangers that Lundqvist can win games when needed.

"[Henrik] did what [he's] supposed to do: Make some big saves," Vigneault said after the win over the Flyers. "That's why we [have] him."

We've seen the good and the ugly from Henrik Lundqvist of late. GETTY IMAGES

### Islanders

Jack Capuano needed all of 13 words to summarize the 2016-17 New York Islanders season:

"It's just frustrating," Capuano told reporters in San Jose after the Islanders' 3-2 loss to the Sharks on Black Friday. "For whatever reason right now, hockey gods aren't with us."

As of this writing, the Islanders enter this week with a league-worst 6-10-4 record, as is their 1-6-1 road record. Their 16 points are tied with rebuilding Arizona for fewest in the league.

For a team coming off its first playoff series win since 1992-93, the early portion of the season has been nothing less than a disaster. The Islanders would have to need to win either 40 or 44 of their final 62 remaining games to equal the point total of last year's two Eastern Conference Wild Card teams. The Islanders' 100 points last season earned the first Wild Card slot, while Philadelphia won the other berth.

If that task isn't arduous enough, the Islanders will need to pass either eight or nine teams to earn the first or second Wild Card position.

"You just keep going," John Tavares told the Associated Press. "Keep working. You find your way out of it. Obviously we don't want to be in the spot that we're in, but we're not going to quit. We just got to stay positive and stay together."

The question is how does a group that came into the season with aspirations for competing for the franchise's first Cup since 1983 not succumb to frustration?

The Islanders' minus-14 goal differential is tied with Colorado, Buffalo and the Coyotes for third worst in the league.

With two games remaining this month—home games Monday against Calgary and Wednesday against Stanley Cup Champion Pittsburgh—the Islanders are 2-5-4 in November and have been outscored by an aggregate 38-22.

"I have not found the combinations to give us some offense,"

Capuano said after the Islanders' 4-0 loss to Tampa Bay on Nov. 14 at Barclays Center. "It's on me to find guys to play with certain guys."

### Expansion protection

According to a report from Sportsnet.ca, the NHL and NHLPA released a list of 66 players who are protected from next June's Expansion Draft. Twenty six of the league's 30 teams have players whose contract language make them ineligible to be selected the Vegas Golden Knights.

Of the 66 players, eight are on the three New York City metropolitan-area teams: Devils winger Ryane Clowe; Johnny Boychuk, Andrew Ladd and John Tavares of the Islanders; the Rangers foursome of Dan Girardi, Henrik Lundqvist, Rick Nash and Marc Staal.

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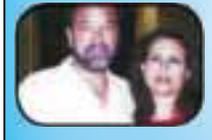

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LOTTERY . FAMILY PROB . MONEY . EDUCATION
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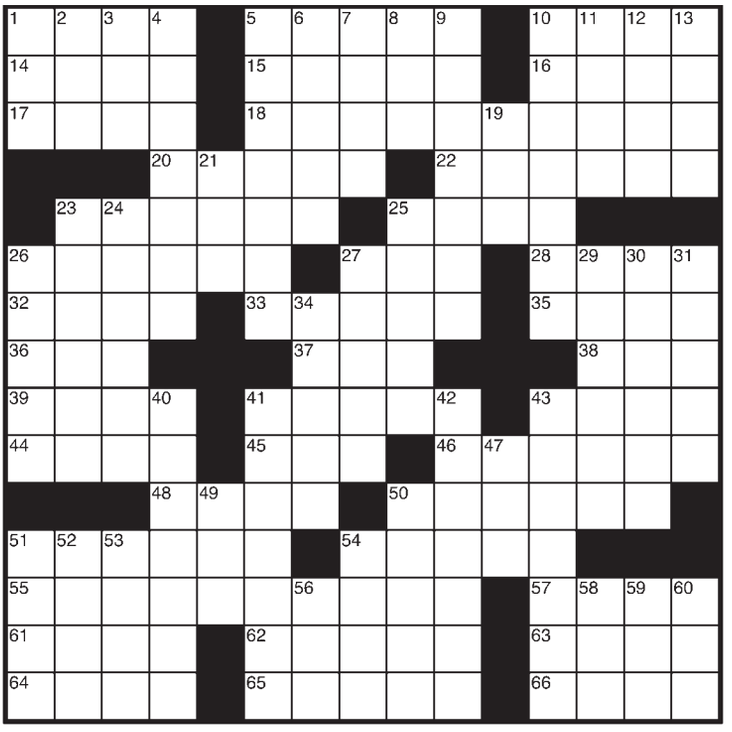
# metro.us /games

# metro.us/crossword

**Across**
1 Glowing ember
5 Orange-and-white rental (hyph.)
10 Killer whale
14 Mme. Gluck of opera
15 -- Jean Baker
16 Sonic --
17 Four quarters
18 Deep thought (2 wds.)
20 Bandleader -- Miller
22 Spouts rhetoric
23 Chess pieces
25 Jai --
26 Calmed
27 LIII doubled
28 Get closer to
32 No sweat!
33 Tornado warning
35 Fishtail
36 Museum contents
37 Deighton of spy novels
38 Tooth pro's deg.
39 Stalk
41 Grove
43 Jaunty
44 Poet -- Pound
45 "Wheel of Fortune" buy (2 wds.)
46 Squawks
48 Zola novel
50 Barely enough
51 Contributed (2 wds.)
54 Medal
55 Sticky-tongued critters
57 Thor's father
61 Emulated Niobe
62 Our, in Lyon
63 Like an owl, proverbially
64 Letter encl.
65 Dry --
66 Moniker

**Down**
1 Islet
2 Fiesta cheer
3 GP group
4 Mainly
5 Relaxes
6 Rhino snouts
7 Elvis -- Presley
8 Ore diggers' org.
9 Wool fat
10 Secures
11 Put to flight
12 Body of laws
13 Grant and Irving
19 Tijuana "Mrs."
21 1865 yielder
23 Hard rock
24 Long overcoat
25 Mountain -- (Rockies wildflower)
26 Take an apartment
27 Crinkly paper
29 Heir, often
30 Meadows or Hepburn
31 Sacks out
34 Ms. Massey of old films
40 Edict
41 Preparing for winter
42 Crates up, maybe
43 Force to commit (2 wds.)
47 Boathouse gear
49 Support
50 Excalibur
51 Kitten's mitts
52 General vicinity
53 Rassscals
54 Choir voice
56 London lav
58 Width of a cir.
59 Suffix for hero
60 Born as



# metro.us/sudoku

**easy**

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | | 7 | | | | 8 | | |
| | | | 4 | | | 3 | 7 | 9 |
| | | | | 9 | 8 | 2 | 6 | |
| | 4 | 6 | | | | | 8 | |
| | | 9 | 6 | 3 | 5 | 4 | | |
| | 3 | | | | | 5 | 9 | |
| | 9 | 1 | 3 | 2 | | | | |
| 8 | 7 | 5 | | | 4 | | | |
| | | 3 | | | | 9 | | |

**hard**

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | | | 1 | | 4 | | | 2 |
| | 6 | | | 7 | 8 | | | |
| | 4 | 3 | | 9 | | 1 | 8 | |
| 9 | | | 8 | | | | 4 | |
| 8 | | | | | | | | 5 |
| | 1 | | | | 2 | | | 3 |
| | 9 | 8 | | 2 | | 5 | 7 | |
| | | | 7 | 8 | | | 2 | |
| 2 | | | 4 | | 3 | | | |

# metro.us/horoscopes

**Aries** Set your strategy to advance and work toward your goal. Consider adding to your qualifications, negotiating a deal or investing in something you want to pursue.

**Taurus** Don't get involved in joint ventures or lend or borrow money or possessions. Protect what you have and refuse to give in to someone pressuring you for a donation.

**Gemini** Set high standards and proceed with passion. Your actions will make a statement that will lead to recognition and new opportunities.

**Cancer** Don't trust your peers. Sharing personal information will put you in a precarious position. Don't feel the need to make changes just because someone else does.

**Leo** Don't get angry when you can get moving. Making alterations to your home or job will be rejuvenating. Children and elders will contribute insight that will help you.

**Virgo** Emotional matters will flare up, causing you to miss other opportunities. Put things in perspective and distance yourself from whatever is causing you stress.

**Libra** You need to step up your game and bring about changes that will make you feel good about who you are and what you do. Jump at an opportunity.

**Scorpio** A missed opportunity will encourage a new idea. Reuse old material to construct something unique and applicable to current trends. Romance is encouraged.

**Sagittarius** Set up interviews or collaborate with someone who is as aggressive and hardworking as you are. There are gains to be made if you take the initiative.

**Capricorn** Stick to simple changes that will not result in uncertainty with friends or relatives. Understanding the impact of change and offering people incentives will pay off.

**Aquarius** You need to set high standards and goals for yourself and others. Strive for equality, peace and happiness. Don't back away from change or controversy.

**Pisces** Too much input from outsiders will confuse you. If you feel uncertain about something, take the time to do some research. EUGENIA LAST

## Yesterday's answers

| | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| ■ | P | M | S | ■ | O | P | T | I | C | ■ | B | E | T | ■ |
| B | O | L | O | ■ | A | L | O | H | A | ■ | O | M | I | T |
| L | O | L | L | ■ | T | U | T | O | R | ■ | O | C | T | O |
| T | H | E | O | R | E | M | ■ | P | L | A | T | E | A | U |
| ■ | ■ | ■ | M | O | R | S | E | ■ | S | I | L | E | N | T |
| O | D | I | O | U | S | ■ | T | A | B | L | E | ■ | ■ | ■ |
| P | R | O | N | G | ■ | S | E | G | A | ■ | G | R | A | B |
| I | A | N | ■ | H | O | T | R | O | D | S | ■ | Y | E | A |
| E | G | A | D | ■ | F | A | N | G | ■ | L | E | E | R | Y |
| ■ | ■ | ■ | I | N | F | R | A | ■ | L | A | S | S | O | S |
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| R | O | A | R | ■ | D | I | E | G | O | ■ | N | E | I | L |
| L | A | M | A | ■ | E | N | T | E | R | ■ | C | O | N | K |
| ■ | T | E | M | ■ | D | E | A | R | S | ■ | E | N | E | ■ |

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